# **WOMAN AVOIDS OPERATION**

Medicine Which Made Surgeon's Work Unnecessary.

Astoria, N. Y. - "For two years I was feeling ill and took all kinds of d took all kinds of tonics. I was gettonics. I was geting worse every day. I had chills, my head would ache, I was always tired. I could not walk straight because of the pain in my back and I had pains in my stomach. I went to a doctor and he said I must go under an in tonics.

operation, but I did not go. I read in the paper about a E. Pinkham's Vegetable Comd and told my husband about it. I 'I know nothing will help me but I try this.' I found myself improverom the very first bottle, and in two as time I was able to sit down and a hearty breakfast with my hushich I had not done for two years, a now in the best of health and not have the operation."—Mrs. of A. Koemg, 502 Flushing Avenue, its, N. Y.

ria, N. Y.

rery one dreads the surgeon's knife
the operating table. Sometimes
ing else will do; but many times
ors say they are necessary when
are not. Letter after letter comes
e Pinkham Laboratory, telling how
ations were savised and were not
ormed; or, if performed, did no good,
Lydia E. Pinkham's Vegetable Comdwas used and good health followed.

If you want advice write to ydia E. Pinkham Medicine Co. onfidential), Lynn, Mass.



L. B. Richards Medicine Co., Sherman, Tex.

Preserving Foods.

A new method has been discovered says an English paper, for preserving various food products, especially milk powder, the idea being based upon placing the substance in a sealed vessel or packing case with inert gas, so that this latter prevents the usual polling of contents by the action of the air. In the French patented process the milk powder is packed in metal boxes of convenient size, which entirely sealed except for a pinhole that is left at the top. A number of such boxes are put in a chamber and the air is exhausted by means of an air pump. When this operation is finished valves are opened which allow nitrogen to enter the chamber and fill up the several boxes. When opening p the chamber the boxes are quickly emoved and the pinhole soldered betime to enter. In this way the contents of the boxes are kept in an atere of inert gas, and the process is thus practical from an industrial

Rare Treat.
my wanted to go to the movies,
mother objected. w. you never let me go no place.

"Why Tommy," exclaimed his mothwhat shocking bad grammar you Can't you speak more correct-

re I can," said the boy, "if you'll only give me a chance. You ought to ar me say: Yes, mother, you let me go wherever I want to."

The Cure. "My doctor has ordered me to Palm Beach for my health." "What seems to be the matter with

en worrying too much about

"Well, you won't have anything of that sort to worry you if you stay lown there long enough."

The fatter a woman gets the easter re unable to notice it.

A woman gets a lot of satisfaction ut of her belief that other women

## In this Matter of Health

one is either with the winners or with the losers.

It's largely a question of right eating—right food. For sound health one must cut out rich, indigestible foods and hoose those that are known to contain the elements that build sturdy bodies and keen

# Grape-Nuts

is a wonderfully balanced food, made from whole wheat and barley. It contains all the nutriment of the grain, including the mineral phosphates, indispensable in Nature's plan for body and brain rebuilding.

Grape-Nuts is a concentrated food, easy to digest. It is economical, has delicious flavor, comes ready to eat, and has helped thousands in the winning class.

"There's a Reason

## THE EUROPEAN WAR A YEAR AGO THIS WEEK

June 26, 1915. Germans retook some lost trenches near Souchez.

Dutch steamer Ceres sunk by nine in Gulf of Bothnia. Austrian submarine sank Italian

torpedo boat in Adriatic. British aviators blew up big an munition depot near Roulers, killing 50 soldiers.

June 27, 1915. Violent artillery fighting in Bellum and north of Arras.

Serbe captured Micharakaada, Austria, with much booty. Italians occupied summit of Zellenkofsel, west of Monte Croce

Russians in Caucasus region oc cupied Gob and moved toward Bit-

French aeroplane bombed Zeppe in hangars at Friedrichshafen.

June 28, 1915. Severe artillery duels from the Alsne to Flanders

Teutons took Hallez, Gallela, and forced back Russians along the Bug. Montenegrins occupied Giovanni

Medua, Albania. Italians entered Austrian territory south of Riva and in the Ledro

German submarine sank British steamer Armenian; 29 lost, includng 20 Americans.

Heavy cannonading near Sou

Teutons drove Russians across order north of Lemberg and took omaszow. Poland.

Montenegrins entered Scutari Ibania. German submarines sank British steamer Scottish Monarch and

three Norwegian vessels. Austria - Hungary protested against shipment of war munitions from U. S.

June 30, 1915. Germans won some ground from French near Bagatelle. Austro-Germans took Zawichost

Germans stormed Russian positions on the Gnila Lips and crossed that river.

italians captured three passes in the Carnic Alps. Austrians repulsed attacks in

Monfalcone, Sagrado and Plava Allies took Turkish trenches near Krithia.

July 1, 1915. Great artillery engagements along the Alone.

Teutons captured Zamost and ad vanced between Vistula and Buc Austrians beat Italians north-

east of Monfalcone. German submarine sank one Ita an and two British steamers.

French aeroplane bombed Zeebrugge and Bruges.

July 2, 1915,

Germans under crown prince took offensive in western part of the Argonne. Germans made gains near Le

Four-de-Paris. Italians took village of Tolming but Austrians held the fortifica-

Allies held gains in Gallipoli against furious counter-attacks. Russian squadron routed German equadron in engagement in the

Russian submarine blew up Ger man battleship near Danzig bay. British munitions bill passed house of lords.

Hard Findings. William Hard, the scientific mangement expert, said in a Y. M. C. A.

ddress in Yonkers: "Some of the new ideas in scientific nanagement are worse than useless.

That reminds me of a story. "'Here come the police! Where can I hide?' gasped a mining shark as he tore from his outer to his inner

"'Here, get in here!' said the treas urer, throwing open a femed oak cabinet. 'Get in this simplified card index case. I defy anybody to find any-

Fined for Contempt. "Pa, were you frightened when you proposed to ma?"

"No, my dear, but then I had no idea of what I was up against." "That remark will just cost you a new gown," spoke up mother.—Detroit Free Press.

Appropriate Site. "I see where they have been fighting near the site of the Garden

"Well, why not? Isn't that where all the trouble started?" One of His Traits.

Hix-Did you know Swift was dead? Dix-No; when did he die? Hix-This morning. He died quite suddenly, I understand. Dix-That's just like him. He was the most impulsive man I ever met

Price of a Fling. "So you have just returned from New York?"

"And how is dear old Broadway?" "Just as dear as ever. I got sepa-ted from \$600 there in three days."

"Have you noticed the 'Appalling Conditions in Kansas'?" says the Topeka Capital.

"Well, if you haven't, the brewers have. It is awful. The publicity agent of the Wholesale Liquor Dealers' association in 1916, serial No. 12, lays bare all the details. And awful is no name for it. The state is a regular shambles, as a result of prohibition. Infanticide is a popular sport, fall and summer. No baby's life is safe in Kansas, the publicity expert has learned. Relatives thirst for the lives of the little ones. Dirt, destitution and disease prevail. Flashily dressed lassies prowl the streets in droves in search of their prey, and no man is safe."

The Capital goes on to quote some of the scare headlines of the Liquor Men's publicity serial and concludes: "Kansas might as well face the proposition squarely. Any attempts at improvement made in the state, no matter along what lines, will be seized upon by the liquor interests to show that the conditions existing in the state are 'appalling,' and the 'appalling' is due entirely to prohibition. It is understood the next serial issued will explain how it was that the prairie fires in western Kansas were due to the state prohibitory amendment. You may not see the connection, but the bright young man employed as publicity agent for the National Wholesale Liquor Dealers' association won't miss it. Not he. He is going to show up in all its abysmal horror the awful fate that has overtaken Kansas because it tried to shut out that safeguard of the home and savior of the nation, intoxicating

AS GERMAN-AMERICANS SEE IT. "On the train this morning I rode down with a German acquaintance," said a Nebraska man from the South Platte country. "In the course of our talk I asked him the usual question: 'How about prohibition?' 'It'll go dry by a majority of 5,000 to 10,000,' was his answer. 'What makes you think so?' I asked. 'I'll tell you,' he said. 'I was born in the old country. Over there and over here I have always taken a drink whenever I felt like it. I never drank to excess, and I never could see any harm in the moderate use of liquor such as I and my friends were accustomed to. But the trouble is that our sons have gotten away from the old customs. To speak plainly, they drink to excess. We Germans despise drunkenness just as much as American saloon. I am going to vote dry next fall, and my neighbors are going to vote dry with me."

ON CONFISCATION.

One of the arguments against prohibition is that it confiscates property. It has been well pointed out that this argument overlooks the fact that prohibition does not take from the brewers, distillers and saloon keepers a foot of ground that they own or a single brick out of any of their buildas they had it before, but they cannot use it for the same purpose. However, there are other purposes for which it can be used. When the saloon is driven out the building can be used for the sale of things that are helpful, and the buildings now used for distilleries and breweries can be utilized for other business enterprises, as they have been in states that have adopted prohibition, with distinct profit to the property owners.

WANTED, CONVICTS! Warden Talcott of the North Dakota penitentiary was recently summoned as a witness before the United States senate committee which is investigating charges of attempts to fix the prices of fibers used in the manufacture of twine. The warden told a hard-luck story about the difficulty of getting convict labor. He testified that the prohibition law of the state was so effective that they did not have enough convicts to operate the penitentiary twine plant.

BAR IS A NUISANCE.

"There is not a hotel manager in New York." recently said one who manages about the largest hotel this city has, "but would be glad to abolish the bar if he could." And he further declared, "Hotel managers would be glad to see prohibition in force, so far at least as it affects our business. as the bar is nothing to us but a nuisance and embarrassment and a decided liability."

FARMERS PREFER DRY TOWN.

Three hundred and twenty-four farmers who trade in Kewanee, Ill., presented a petition to the business men of that town asking them to keep out the saloons. The Kewanee Star-Courier published the entire list of 324 names on its first page.

REFUSE LIQUOR ADS. There are 840 daily newspapers pub-

lished in the English language within the United States that publicly refuse to accept liquor advertisements, and the list is lengthening.

Where do the blind pigs get their liquor? Every last one of them gets it from the brewers, the distillers and the wholesalers who not only know that they will sell it in violation of law, but encourage them to do it.

CONTRAST IN TOWNS.

A California contrast: Riverside. population 18,000, dry 20 years, tax rate \$1.60; Bakersfield, population 18,-000, always wet every day in the year, tax rate \$1.75. And the Bakersfield

IATIONAL GUARD COMPANIES ARE BEING RECRUITED TO WAR STRENGTH.

### TENNESSEE MULES WANTED

Adjutant General Gets Word From War Department That Animals Are Wanted For Use of the Militia.

Under orders from the adjutant gen eral's office the Tennessee troops went under orders on the morning of June 22. Every quartermaster promptly went into service at that time. The Tennessee guardsmen are continuing their preparatory work of recruiting and drilling. Nothing has transpire to indicate that a change in plans will be made by the Tennessee department, although it is expected that inquiry will soon be made by Washington as to when the Tennessee troops will be ready for service, Gen. Funston's request for quick militia reinforcements being the basis of this expected in-

Gen. Rogan, Capt. W. N. Hughes, Jr. Maj. Harry Berry, Capt. Stanis and Lieut. Sturgeon went to the state fair grounds this morning to lay out the

Capt. Hughes, who has just returned from Seagirt, N. J., is being mentioned for the office of colonel of the First Tennessee regiment when that regiment is reorganized. Capt. Hughes is the United States army inspectorinstructor and mustering officer for Tennessee. He was at Seagirt on temporary duty with the New Jersey national guard when mobilization was ordered.

Capt. Hughes is a native Tennessean and is in close touch with the guard, having been the regular army instruc tor with it for nearly two years.

Tennessee horses and mules for the nobilization of the national guard are being asked for by the government in a telegram received by Gen. Chas. B. Rogan, adjutant general, from Gen. Mills, chief of the militia bureau, asking that he get in touch with prospec-

tive bidders in this section. Gen. Mills' telegram was as follows: "The Adutant General, Nashville: Quartermaster general army is advertising for bids for horses and mules required for national guard on mebilization. Instructions to bidders, blank proposals and other information may be obtained from the following officers: Depot Quartermaster, Front no need to do it again. Keep right you Americans despise it. When we Royal Remount Zone, Front Royal, Va., see our sons degrading themselves in and Purchasing Officer, Quartermaster this way we decide to call a halt. The Corps, Kansas City, Mo. Please furt the nish above information to any prospective bidders that may be known to you.

"MILLS, Chief Militia Bureau." As Tennessee has always furnished a good number of the army mules and also horses for the service, it is probable that a quick response will be made to this announcement.

Mail For Millela. Postmaster Shannon has informed Adjt.-Gen. Rogan that the postoffice department stands ready to establish at Cumberland Uark a mail distributings. They have their property just ing office for the benefit of the soldier boys while in camp. Postmaster Shannon has suggested to the first assistant postmaster-general at Washington that, as 2,000 soldiers will be brought together at Clumberland Park, a branch postoffice be established there, with two deliveries and two collections daily, and that an automobile be used for the purpose.

> The state highway department is pre paring bond resolutions for a number of counties that are to have election in August for highway improvement. Among these counties are Lincoln Bedford, Wayne, James and McMinn. The total bond issues that will be sought in the group of counties will amount to \$1,000,000. J. Murray, sec-

Tennessee to discuss the matter with some of the counties contemplating in Italy. bond issues for road improvement. To Locate Trachoma Hospital. Surgeon John McMullen of the United States health service, and Dr. R. Q. Lillard, executive officer of the state board of health, are in the upper East Tennessee mountains on a tour of aspection to locate the field hospital for preparedness." to be established by the federal gov-

retary of the commission, is in West

trachoma, commonly known as "granulated sore eyes." The establishment of this hospital will be of inestimable value to a class of citizenship of the state financially unable to obtain proper and scientific treatment for this dreaded maiady.

ernment for the free treatment of

Pension Board Meet Postponed.

The meeting of the board of pension examiners that was scheduled to have been held this month has been postponed until July 19, on account of the absence from the city of several members of the board and the illness of E. B. Sweeney, one of the members. Mr. Sweeney is improving rapidly and will soon be able to be at his office. The net increase in the taxes of Hen-

y county, as provided by the county board of equalization at a recent adjourned session, was \$56,000. No one was injured, but fire damage

was done, when lightning struck a street car in Memphis. When Zone Moss, negro, refused to hold up his hands and started to run he was shot by three holdups. Two of the bullets took effect, one in the right lung and one in the leg.

J. W. Dovell of Bristol has been designated to take the examination for appointment as a bank examiner.

# IT'S MERCURY! DANGER

"Dodson's Liver Tone" Straightens You Up Better Than Salivating, Dangerous Calomel and Doesn't Make You Sick-Don't Lose a Day's Work-Wonderful Discovery Destroying Sale of Calomel Here.

Had Her Safe.

Nevertheless, they struggled

climbed into the box-a real "prop-

out to where the owner of the box sat

"Sure, she comes in as a ghost in

the next act and sings two songs."

Activities of Women.

Mrs. Robert Lansing, wife of the sec

Honk! Honk.

report, is that during the last five

years the number of fatal accidents

has not increased nearly as fast as

the number of cars. The cars have in-

creased 775 per cent, while fatalities

have increased only 258 per cent. This

seems to indicate more careful driv-

To Drive Out Malaria
And Build Up The System

Take the Old Standard GROVE'S

Strict Neutrality.

"Has the war caused you to eco

"It certainly has," replied the cau

tious man. "Whereas I used to ex-

press my views rather freely, I have

lately become quite parsimonious in

SAVE A DOCTOR'S BILL

by keeping Mississippi Diarrhoea Cor-dial handy for all stomach complaints. Price 25c and 50c.—Adv.

Nothing puffs a woman up more

than to have a seventeenth cousin sud-

Every man has a sense of duty, but

not every man has sense enough to uti-

Silence has every other kind of a

ienly become near-famous.

bluff backed off the boards.

nize to any extent?"

that respect."

ing at present.

Smith. "She can just stay there."

blooming box has sprung locked!"

and whispered:

ry in Missouri

and ambition.

You're bilious! Your liver is sluggish! You | ful will clean your sluggish liver better than a feel lazy, dizzy and all knocked out. Your head dose of nasty calomel and that it won't make is dull, your tongue is coated; breath bad; stomach you sick. sour and bowels constipated. But don't take salivating calomel. It makes you sick, you may lose You'll know it next morning because you will a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel crashes into sour bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take therefore harmless, and can not salivate. Give it a spoonful of harmless Dodson's Liver Tone to to your children. Millions of people are using night. Your druggist or dealer sells you a 50 Dodson's Liver Tone instead of dangerous calomel cent bottle of Dodson's Liver Tone under my now. Your druggist will tell you that the sale of personal money-back guarantee that each spoon- calomel is almost stopped entirely, here. -- Adv.

SCHEME PROVED A FAILURE Tight-Fisted Old Gentleman More Than

Met His Match in Shrewd Physician. A tight-fisted old man, feeling very sick, asked a friend to recommend a

physician. The friend named a certain specialist. "Is he very expensive?" asked the sick man.

"Well, not so very. He'll charge you four dollars for the first visit and two dollars for each one after that." The old fellow soon afterward walked into the office of the physician named by his friend, and upon being admitted to the consulting room planked down two dollars, remarking:

Well, doctor, here I am again." The physician calmly picked up the money and put it in a drawer, which he locked securely. The sick man looked on expectantly, awaiting the next move.

"Well, I'm ready to be examined," he said at length." "I don't think it's necessary," replied the shrewd specialist. "There's

on taking the same medicine. Good-

day, str."

HEAL YOUR SKIN TROUBLES With Cuticura, the Quick, Sure and Easy Way. Trial Free

Bathe with Cuticura Soap, dry and apply the Ointment. They stop itching instantly, clear away pimples, blackheads, redness and roughness, remove dandruff and scalp irritation. heal red, rough and sore hands as Free sample each by mail with Book. Address postcard, Cuticura, Dept. L. Boston. Sold everywhere,-Adv.

Salvini's Descendants. Salvini, the great Italian tragedian made it a condition that none of his sons should act in Italy so long as he remained on the stage. So Gustavo was banished to the other countries of the continent and acted in Russia and Austria with some successes. Alex ander learned the English language and played in this country until he died at an early age. Tomaso is now an actor in Italy and is said to have inherited to a greater degree than any of his brothers the talents of his father. Salvini was married twice; first to Clementine Cassola, an eminent Italian actress, who died, leaving him three small children. Many years later he married an Englishwoman named Lottie Sharp, by whom he had two children. His grandchildren have attracted attention in art and other circles

The Difference. "This poet speaks of the 'circuman blent air.' What kind of air is that?" "Oh, he means ordinary air, as distinguished from the air that is agitated by electric fans, patent systems of ventilation and thunderous appeals

Nothing Left "You don't hear much lately about those terribly destructive tornadoes that used to be so prevalent through-

out the Middle West.' "No, you don't. It must be that the politicians out there are using all the available supply of wind."

Methodist Women Gave \$278,000. The amount raised last year by the Woman's Missionary society of the Methodist Episcopal church, South for the work in the foreign field was \$278,792,29. The amount given during the week of prayer for the new work in Japan was \$13,751.71.

"Does that new watch of yours keep rood time?" "You bet it does! There isn't a clock in town that can keep up with it!"

Speedy.

DON'T GAMBLE that your heart's all right. Make sure. Take "Renovine"—a heart and nerve tonic. Price 50c and \$1.00,-Adv. Usually the early bird' catches the

who are in bed. And it's as easy for a man to break a promise as it is for a woman to break

worm for the benefit of the little ones

But one doesn't acquire a taste for music by listening to the piano next Dodson's Liver Tone is entirely vegetable;

Dodson's Liver Tone is real liver medicine

wake up feeling fine, your liver will be working,

your headache and dizziness gone, your stomachi

will be sweet and your bowels regular. You will

feel like working; you'll be cheerful; full of vigor

CAUGHT IN GARDNER'S NET At the amateur operatic performince of "The Mistletoe Bough"-in Framp Expected to "Land," but as It which, as you remember, the heroine Turned Out He Was the One hides in a cellar chest and is smoth-"Landed." ered to death-the lady who played this part was, vocally, a terrible flas-

They are telling a story about Representative Gardner and his fervent along until the scene where she preparedness campaign. It seems that a begging tramp ap-

erty" kindly loaned for the occasion proached a group of congressmen, and one of them pointed out Mr. Gardner by John Smith, president of the local safe-deposit company. The lid snapped and said: down with a click that was only too "Nothing doing here, Weary, but that gentleman there is very charitable, A frightened stage manager rushed

to make a haul."

"Tanks, boss," said the tramp hus-"Cimme the key! The lid of your kily, and he hurried to Mr. Gardner, while the others looked on with inter-"Is that woman going to sing any The tramp and the statesman were

seen to talk earnestly together for

and if you tackle him you'll be apt

some time. Then their hands met-a "That settles it," muttered old John plece of money plainly passed between them-and the tramp stepped jauntily,

"Well, did you land him?" a con-Thirty women are practicing dentisgressman asked the tramp. "No," the tramp answered cheer-Miss Mary Robertson is a United fully. "No; I gave him a quarter to-States deputy marshal in Topeka, Kan. ward his splendid national prepared-Fifteen women will attend the Demoness campaign."

### cratic national convention as dele-A Kidney Medicine That Makes For the first time in the history of the Republican conventions, women Friends Everywhere will be employed to assist in guard

Thirteen years ago we commenced selling Dr. Kilmer's Swamp-Root and during our entire experience we have not ensountered a single unpleasant dealing with our customers who have used it. It is a preparation that gives universal astisfaction, and our customers are always pleased to speak in the highest terms regarding it. We have sufficient confidence in Swamp-Root to recommend it and consider we are doing our customer a favor.

Very truly yours,

BARNETT-SCHENK DRUG CO.
Jan. 10th, 1916. Roanoke, Vs. retary of state, is one of the "rookies" in the woman's camp near Washing-The fatalities due to automobile accidents are distressing enough, but one encouraging fact in connection with them, as stated in a government

Prove What Swamp-Root Will Do For You Send ten centa to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Lamb on May. What he considered the servile lau-TASTELESS chill TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents. dation of the month of May drove Charles Lamb to protest. "I do not mind the utmost rigors of real winter," he wrote to Bernard Barton, "but these smiling hypocrisies of May wither me to death. What lies you poets tell about May! It is the most ungenial part of the year." - London

> Good Cause. "What a leaden color your hus-band has, Mrs. Jones." "Yes'm; he's don' got de plumbago,

You will look ten years younger if you darken your ugly, grizzly, gray hairs by using "La Creole" Hair Dressing.—Adv. The Bible is a good book to read. If you doubt it, brush the cobwebs off

THIS IS THE AGE OF YOUTH.

your copy and look into it. Selfish people are not selfish enough to keep their troubles to themselves.

It's easier to grasp some opportuni-

It's a Picnic Getting Ready for a Picnic

If you choose Spanish Olives Pickles Sweet Relish Ham Loaf Veal Loaf

Chicken Loaf Fruit Preserves Jellies Apple Butter

Luncheon Meats Pork and Beans Ready to Serve Food Products Libby, McNeill & Libby

